MU student faces discipline for racial remarks

University of Missouri authorities said a student was removed from the Columbia campus pending an investigation into reports he made racial slurs directed at black students rehearsing for homecoming.

The student, whose name has not been released, is suspected of disrupting a Legion of Black Collegians Royalty Court rehearsal after midnight on Sunday, said university spokesman Christian Basi.

MU’s Legion of Black Collegians is the black student governmental body on the campus.

According to university officials, members of the group said the white man began shouting racial slurs when he interrupted their rehearsal at Traditions Plaza, on the south quad.

Basi said the student was removed under the school’s code of student conduct and could face a multistep disciplinary process.

In response to Sunday’s race-related episode, on Tuesday 100 Praying Women and MU’s Black Men’s Initiative held a prayer service at the Gaines-Oldham Black Culture Center on campus.

Sunday’s incident comes weeks after student body president Peyton Head was called racial slurs while walking through campus.

This year is not the first MU has dealt with race-related disruptions on its campus. In 2010, two students were arrested in connection with a racially motivated incident after cotton balls were strewn across the lawn of the school’s Black Cultural Center as the campus prepared for Black History Month.

That incident led to a series of on-campus student discussions about race relations at MU.

Sunday’s incident vexed Chancellor R. Bowen Loftin.

“Let’s stop this,” Loftin said in an obviously angry video reaction he released this week denouncing the actions by the student. “It’s enough. Let’s end hatred and racism at Mizzou. We’re part of the same family. You don’t hate your family.”

The Star’s Mará Rose Williams contributed to this report.
Black Collegians perform play; move on from racial encounter

By Megan Favignano

Wednesday, October 7, 2015 at 2:00 pm

As University of Missouri students in the Legion of Black Collegians Royalty Court performed their play “Mis-Educated” on Tuesday night at Traditions Plaza, the group focused on moving forward from a racially charged confrontation during rehearsal that occurred about 48 hours earlier.

Students were practicing just after midnight Monday morning at Traditions Plaza when a white man interrupted them and used racial slurs when the students asked him to leave. The University of Missouri Police Department investigated and identified the student who made the remarks. That student was moved from campus pending the outcome of the conduct process, MU officials said Tuesday.

Naomi Collier, with the Legion of Black Collegians, made a statement about the incident during the play’s intermission Tuesday night.

“It was difficult to come back to practice yesterday,” Collier told the crowd. But, “we can move forward.”

Collier said the university has been supportive of the group and responsive to Monday’s incident. Chancellor R. Bowen Loftin, she said, arranged a Wednesday meeting with them. Many black students have challenged university leaders to do something about what they say is a racist culture on campus. The calls increased after someone shouted racial slurs at Payton Head, undergraduate student government president.

The topic came up at last week’s Board of Curators meeting in Kansas City, as student representative Tracy Mulderig brought Head’s account to the curators’ attention.

“He is engaging in an important conversation right now about how we make our campuses and societies accepting,” Mulderig said. “Change begins on our campuses.”

“Mis-Educated” combined scenes from three ’90s sitcoms: “A Different World,” “The Fresh Prince of Bel-Air” and “The Wayans Bros.”
Collier, who sits on the Legion’s activities committee, said the skits show that the country grapples with the same race issues today that it did two decades ago.

For the characters in Tuesday’s play, those issues include getting pulled over by police for driving a nice car, getting hired to fill a company’s minority quota and colorism — discrimination among people from the same ethnic group based on skin tone.

“These are things we face,” Collier said.

After Tuesday’s performance was finished and the props were packed up, Collier said she was feeling bittersweet. The group has grown closer during the time they spent rehearsing the past month, she said.

Up next for the Legion’s royalty court homecoming plans is what is called an uplift. The public is invited to pick up balloons from the group’s table in the MU Student Center between 1 p.m. and 3 p.m. Wednesday.

The group encourages participants to carry the balloons all day in solidarity. They will then meet at 4 p.m. at the Gaines/Oldham Black Culture Center to begin the Silent Memorial Walk through campus, in remembrance of lives lost throughout the years. After the walk, there will be readings and a balloon release.

Collier said the Legion has not changed its plans for homecoming week in light of Monday’s incident. The group of students, she said, is focused on moving forward. Students present during the incident Monday are not talking to reporters and are instead letting a written account of the incident speak for the entire group. The Legion posted the statement on social media.

Collier said allowing the statement to speak for the group is part of the students’ efforts to move past the discrimination they experienced during rehearsal.

“We’re a family,” Collier said. LBC members are not doing interviews “in order to keep our family solid and make sure everyone heals properly.”
No Crime Committed in Racist Event on MU Campus

Watch story: http://mms.tveys.com/PlaybackPortal.aspx?SavedEditID=1d70c99d-2f42-4c2d-aeb4-8e8075aa888d

COLUMBIA MISSOURIAN

Students protest Thomas Jefferson statue, call for its removal

COLUMBIA — In the Declaration of Independence, Thomas Jefferson wrote, "All men are created equal." On Wednesday, the words were plastered to his forehead.

Throughout the day, students covered the Jefferson statue on the east side of the Francis Quadrangle with sticky notes displaying messages such as, “racist,” “rapist,” “slave owner” and “misogynist.” Someone added a drawing of a mustache and polka-dot bow tie.

In a campus plagued with questions regarding sexual assault and racism, some students have challenged the statue’s place on campus. In August, graduate student Maxwell Little started a petition on Change.org to remove the Jefferson statue.

The bronze statue was a gift from the trustees of the Jefferson Club and was installed in 2000 on MU’s Campus to honor the history of the university, according to the Jefferson Club’s website. MU was the first public university established within the territory of the Louisiana Purchase, which Jefferson lobbied to buy during his presidency.

But Little said he felt it was necessary to show "the other side of Thomas Jefferson" — not only the man depicted in mainstream history textbooks. Little said Jefferson was also a slave owner and rapist of a 16-year-old slave named Sally Hemings. Historians still dispute whether or not Jefferson fathered any of Hemings' children, according to Monticello.org.

The petition did not originally get the response Little had hoped, so he joined graduate student Reuben Faloughi and seniors Aliyah Sulaiman and Bryant Hill to create #postyourstateofmind — a Twitter campaign dedicated "to engage people in a critical conversation" about sexual assault and racism.

“That was really the prime message behind it, was to engage,” Sulaiman said. “We wanted everyone to engage with us, and we wanted people to ask, ‘why are you doing this?’"
Over the course of the day on Wednesday, students and faculty came out to see the statue, some in solidarity and others in protest. Multiple people tried to remove the sticky notes from the statue.

The group was inspired by other universities, like the University of Texas, where a statue of Jefferson Davis, the leader of the Confederacy, was removed in August, and the University of Cape Town in South Africa, where a statue of colonialist Cecil Rhodes was removed in April.

The four students hope to change the campus climate, which they said marginalizes minority groups.

“It really is about creating that dialogue,” Hill said. “I don’t think in any way or form we’re trying to completely shove that down anybody’s throat, but just the idea of open dialogue and becoming more knowledgeable about the situation (is important). And then from there, you can become more critical about other aspects of what this campus does.”

The group wants to see Jefferson’s marble tombstone near the statue removed as well.

“Every day that is sits on campus, students are affected,” Faloughi said. “It’s a symbol of violence to many students. We talk about wanting to fix the culture of sexual violence and racism on campus, but that sits here. What really are the values of the University of Missouri?”

COLUMBIA MISSOURIAN

LBC holds walk to raise awareness, remember loved ones

COLUMBIA — A procession of about 150 marchers solemnly paraded Wednesday through MU’s campus and in downtown Columbia. They held balloons in remembrance of lost loved ones and marched to raise awareness of police brutality.

The event began at 1 p.m. in the MU Student Center when members of the Legion of Black Collegians handed out black balloons. People wrote words such as, "Beautiful," "Endearing," "Powerful," "Resilient" and "Proud" in silver Sharpie on the balloons. Some also wrote messages to those they honored.

The walk was planned by the LBC in April and was not a response to the incident in Traditions Plaza earlier this week, said Darius Thurston, the LBC activities chair.

MU senior Chelsea Davison wrote the word "Loving" on her balloon. She said she was remembering her grandmother who died recently.
“She was always very strong and willing to talk about the racial issues going on in society,” Davison said.

Davison said her grandmother attended a lot of marches and protests when she was alive, even as she got older and was in a wheelchair.

Davison's balloon read, “Granny, I miss your strength and love!”

About 150 people gathered at around 4 p.m. in front of the Gaines/Oldham Black Culture Center to start the walk. Everyone wore black, and most people carried balloons. The marchers started walking shortly thereafter and traveled through downtown until they reached Rollins Street. The walk ended in the Black Culture Center parking lot.

The LBC choir led the first portion of the march with a gospel song: “We shall overcome, we shall overcome someday/Oh deep in my heart I do believe that we shall overcome someday,” they sang.

People in cars honked as they drove past the walkers; some people smiled and waved, others passed without looking.

“I’m a part of the movement. I came for me and to support my race … just standing up for equal rights,” Jerriona Davis, a sophomore at MU, said.

Her friend, Dominique Cheatem, also a sophomore at MU, said she attended the event “to support black people and to show everyone on this campus that we matter.”

As the group moved downtown, people shopping at the stores came outside to watch them pass. Those eating at restaurants stopped to observe, too.

After about 15 minutes, LBC leaders wearing neon traffic jackets instructed the crowd to continue in silence.

The group walked through sidewalks, in the street, on gravel and in the grass. Some people held signs with quotes such as, “My black is proud” and “The dream is Free, the hustle is sold separately.”

Later on, LBC leaders started a chant with, “My black is” and the crowd responded with each of the 10 words listed on the balloons.

The group formed a semicircle when they returned to the parking lot at the Black Culture Center. Everyone was silent while members of the MU chapter of the NAACP read the names of people who recently died from police brutality. The names included Eric Garner and Michael Brown Jr.

Shelby Anderson, the LBC communications chair and a junior at MU, and Andrea Fulgiam, a junior at MU, followed by reading an original poem titled, “Letters of Wisdom from Your Older Sisters.” The poem addressed black prejudice and black stereotypes.
The event ended when everyone released the balloons into the air. They all looked up as the balloons floated to the sky.

“We all matter. We matter. And nobody can take that away from us,” Thurston said after the balloons were released.

“Never ever feel like you don’t belong. This is our campus and what we just did is a statement … this will go down in history,” Thurston told everyone.

MU student to burn ISIS flag on campus

Watch story: http://mms.tveyses.com/PlaybackPortal.aspx?SavedEditID=e165a751-d6f8-4571-9ac5-2c41c7cb9c50

COLUMBIA, Mo. - A University of Missouri senior plans to burn the ISIS flag on campus on Thursday afternoon.

Ian Paris contacted ABC 17 News this week and said, "ISIS has violated the liberties and freedoms of millions of people through genocide, deadly religious persecutions, modern-day enslavement, sexual violence, use of chemical weapons, beheadings, and has killed about 250,000 people."

The Campus Freedom Restoration Act, signed by Gov. Jay Nixon, states that all outdoor areas on public university campuses in Missouri are traditional public forums where free speech is protected.

Paris told ABC 17 News he has obtained an open flame permit and that MU knows about the event.

ABC 17 News reached out to the university Wednesday, and MU officials confirm that Paris went through the proper process and has the appropriate permits.

Paris said he plans to burn the flag on Thursday afternoon at 4:00 p.m. by the MU Columns outside Jesse Hall.
MU Health Care increases security after threatening call

By Jodie Jackson Jr.

Wednesday, October 7, 2015 at 2:00 pm

An anonymous caller promised “bloodshed” in a threatening phone message left Tuesday afternoon at a University of Missouri Health Care facility.

MU Health System employees were notified in an email that officials had “implemented enhanced security measures” in all facilities. The mass email at 3:08 p.m. from Randy Boehm, manager of security services for MU Health Care, directed employees who might see anything suspicious to call the emergency number for their facility.

The email did not identify a specific threat, and MU Health officials did not confirm the security change was prompted by the phone message. Boehm was not available for comment Wednesday morning.

A recording of the voice message obtained by the Tribune was from a caller who claimed he was about to go back to prison because of actions he was preparing to take.

“You and your system will be responsible for this bloodshed that’s about to happen,” the caller said. “I’ve been off parole; I’m a violent criminal for attempted murder. And because of you guys, holding back on my meds.”

The caller said he was suicidal and threatened to kill others; he also said he hates the United States and President Barack Obama.

Teresa Snow, communications manager for MU Health, said the organization has staff on duty around the clock “that are trained to take care of things.”

“We don’t talk about what enhanced security measures are,” she said. Snow said MU Health security had been in contact with the MU Police Department.

“For our security, we just don’t talk about specifics of what the concerns were,” she said.
The email from Boehm was sent to MU Health employees and those in the Sinclair School of Nursing, the School of Health Professions and the School of Medicine. Snow said none of the MU Health buildings had restricted access.

“Business as usual,” she said. “We’re just asking our employees to keep an eye alert for any suspicious activity.” Snow did not specify whether the security alert was temporary or indefinite.

MU Health spokeswoman Mary Jenkins said Wednesday that she would not discuss the length of the security enhancements.

“For the security and privacy of our patients, visitors and staff, we will not be discussing the specifics or duration of the additional security procedures,” Jenkins said.

MU police Maj. Brian Weimer said MU police met with MU Health security staff Tuesday about the incident.

“We simply gave them advice and made our officers aware of it,” Weimer said. He said Columbia police also were notified about the incident.

Why 'The Office' humor doesn't work: Bad bosses shouldn't make jokes as it annoys and offends employees, finds study

There's a reason why Michael Scott could never get on with his employees in the TV show, 'The Office'.

New research suggests bosses - especially ones who are bad at their job - shouldn't make jokes with their employees.

The study contradicts conventional wisdom that any positive humour in the workplace improves team morale.

People also tend to believe that bosses should avoid negative humor, such as sarcasm, though actual scientific support for that belief is scarce.
The study by the University of Missouri found that the success of jokes in improving job satisfaction depends on the quality of a boss' relationship with employees.

'Generally, people think that positive humor, which is inclusive, affiliative and tasteful, is good in leadership, and negative humor, which is aggressive and offensive, is bad,' said Christopher Robert, associate professor in the Department of Management.

'In our study, we found the effects of humor depend on the relationship between leaders and subordinates.

'Specifically, both positive and negative humor use by leaders is positively related to their subordinates' job satisfaction when the relationship between the leader and subordinates is good.

'However, when the leader-subordinate relationship is bad, both negative and positive types of humor are associated with lower job satisfaction.

'In other words, for leaders, sometimes good humor has bad effects and bad humor has good effects on subordinates.'

To test their theory, Professor Robert and his team developed two sets of questionnaires, one for bosses and one for employees.

Researchers studied responses from about 70 leaders and their 241 subordinates in 54 organizations.

'The findings suggest that if leaders wish to integrate humor into their interactions with subordinates, they should first assess whether or not their subordinates are likely to interpret their humorous overtures positively,' Robert said.

'If a good relationship between the leader and the subordinate exists, then humor - be it positive or negative in tone—will only help to maintain the good relationship.'

Professor Robert also suggested that these results have implications for boss' strategic use of humor.

'Instead of using humor to build relationships, leaders should work to build strong relationships through other means such as through clear communication, fair treatment, and providing clear and useful feedback.

'Humor then can be used to maintain those strong relationships.'

He cautions that a good relationship with employees doesn't necessarily gives bosses free reign to use any type of humor in any context.
For instance, he points out that jokes that leverage racial or sexual stereotypes may not be accepted positively by employees.

COLUMBIA MISSOURIAN

Singer-songwriter Sheryl Crow looks back at her years at MU

Sheryl Crow, a nine-time Grammy winner who has sold more than 35 million albums around the world, graduated from MU in 1984. She talked to Alex Jacobi for the Columbia Missourian on Sept. 30. Her most recent album is “Feels Like Home.”

Q. After high school, what made you want to go to Mizzou?

A. When I graduated high school from Kennett, Missouri, I wasn’t really thinking about going to a school far away. My sister was at Mizzou, and I had friends up there. I just decided that it would be a great place for me to go as a small-town girl.

Q. Why did you pick music composition, performance and education as a major?

A. Music was the one thing that I could do really well. And I love music; I grew up with musicians. I started piano when I was 7 years old. I just always loved it, so I decided that I would go into music. It was the one thing that I knew the best.

Q. If you could go back to Mizzou and pick another major, what would you pick?

A. I probably would pick literature or creative writing. It’s interesting — with music, unless you are extremely driven or beyond talented, it’s not likely that you’ll wind up making your living as a performer.

Also, you learn in music composition the rules of good composing, but then as a pop songwriter, you basically throw all those rules out, and you do exactly what the rules tell you not to do.

What probably would have been really helpful to me is to learn how to write prose and just writing in general for the purposes of writing great lyrics. But also I love literature. When you’re young, you’re really thinking about what kind of job you’re going to come out with.

If I had to do it over again, I’d probably major in literature.

Q. Were any professors at Mizzou your favorites and why?
A. Ah, yes, Raymond Herbert, who was my piano teacher. I loved Professor Herbert. He taught my sister; he taught me. I just love him so much.

I had Duncan Couch, who was the choral director; I really enjoyed him. Professor (John) Cheetham was in oral training; I also really enjoyed him. I loved all my music professors. I wasn’t the greatest music student, but I loved my professors.

_Q. Why you weren’t the greatest music student?_

A. I was not nearly as driven as a lot of kids. I mean, a lot of kids were beyond excellent. I could play by ear, so I was a little lazier, probably, than most.

_Q. What were your favorite things to be a part of at Mizzou?_

A. I played in a band called Cashmere, and we used to play at a bar called Bullwinkles (now The Field House). We played a lot of weekends there. We were a cover band. I really enjoyed my time playing a band; we played at a lot of campus functions as well.

I was also a Tiger hostess, which was kind of an honor. Several folks got interviewed and got picked to take the football recruits’ families around on football Saturdays. I got to meet a lot of interesting people that way.

The girls who were Tiger hostesses came from all walks of life, so that was really fun. I’m still in touch with some of the girls.

And I was also, believe it or not, an orientation leader one summer. I loved doing that. That was really fun, too, to take around kids who are coming out to look at Mizzou. I had a great time with the kids on the orientation committee.

_Q. How do you think your time at Mizzou shaped who you are, both as a musician and person?_

A. There were quite a few things that I wound up getting to do — like Tiger hostess and orientation leader — that you had to interview for. I think just the interview process was good for me.

I also think just the four years of growing up, for somebody who’s from a small town who hadn’t really traveled much, to go and live on my own, that is an invaluable experience. Going away for four years and really kind of growing up and maturing.

_Q. What did you enjoy most about your time in college?_

A. I really loved performing with the cover band. I loved going over to Europe for the first time, and Bulgaria and Romania. I was in a sorority called Kappa Alpha Theta, and some of my best friends are still my best friends from having been in Theta. I loved my whole time (at Mizzou). It was a great experience.
Q. What was your favorite place to eat at in Columbia?

A. Oh gosh, well, I didn’t really eat out very much because I was on a student (budget); my money was rationed. There was a good Mexican place we used to go for happy hour and get food. I can’t remember the name of it. We always went to Harpo’s. Harpo’s was a fun place.

Q. What were important milestones in your rise to fame after college, going from small-town Missouri to being known internationally?

A. Leaving college and going to St. Louis to teach school and then going to Los Angeles and auditioning for Michael Jackson. Then going on the road with Michael for a couple of years, all over the world. After that, getting a record deal, getting my first album. Then, after the first album came out and we toured for a long time, the Grammys. Winning some Grammys really put me on the map and changed the trajectory of my career. Those were the big milestones.

Q. You said in Rolling Stone magazine that if there had been a “Most Likely to Be a Rock Star” award in the yearbook, it wouldn’t have been you. So, what made you want to be a musician? Did you always think you would become a successful recording artist?

A. I did not always think I would become a successful recording artist. I surely wanted to. I always had a strong pull to write my own songs. I had older sisters who were good musicians and parents who were great musicians, and I wanted to be like them. And I loved performing. But it wasn’t necessarily something I thought was a shoo-in.

Q. So, if you don’t really feel like the rock-star type, what is it you love about performing?

A. I really love working at it. You hear that old adage, ‘Stay out of the outcome but stay in the process.’ I love the process, growing as a musician, being better at writing songs, learning to play new instruments, ultimately producing myself.

Just the art form in general is exciting to me. I wanted to write music that meant something and music that had something to say. I was not really ever into the whole stardom thing. So that part of the whole ‘rock star’ thing was not really my goal, nor was it really something that was that natural for me.

Q. So how has it been adjusting to that fame?

A. I come from a pretty solid family, and also I didn’t put out my first record until I was 30. I did a lot of work before that. I feel like I was pretty solidly planted, feet on the ground. So by the time I made it, there wasn’t really a big chance of me going off the deep end.

I just maintained working at it. When I became well-known, and all the paparazzi were around, that was just a weird thing to me. Now, this was 25 years ago, so it was a lot different than it is now. It’s much more realized now, the whole celebrity thing, but it wasn’t nearly in its full-blown state (then) like it is now. But, you know, you just handle it the way you handle it.
I made some really good decisions and some really bad choices, but that’s kind of indicative of life in general. But I had good people around me. I will say that.

**Q. How has your upbringing in Missouri affected your music?**

A. I think that your art imitates life, and I grew up with really solid people around me. My family, my parents, were just great examples to me. Having grown up in the Midwest gave me a sort of Midwestern attitude of being really solidly planted on the ground, and it’s just a great place to be from. I will always consider myself a Midwesterner, and I think that’s featured in my music and my lyric-writing.

**Q. After being a pop-rock icon for years, what made you want to swap to country music in Nashville?**

A. I always felt like the music I was making, songs like, “If It Makes You Happy,” were hand-in-hand with the tradition of country music, even more so than what’s being played on country radio now. So it doesn’t seem like that big of a departure for me, to switch over to that format. I didn’t really have to do so much changing everything, except for changing formats.

**Q. Is country music something you’ve always been passionate about and wanted to do?**

A. Country music was definitely a huge influence on me. The Rolling Stones went through a period where their music was basically country music. I loved Linda Ronstadt, Emmylou Harris. I just wanted to make a great record that was full of good stories and coming from a place that was true to my life — a single mom, hardworking, grew up in the Midwest. I want my album to reflect that.

**Q. Why do you think that storytelling is such an important part of music?**

A. I don’t know that storytelling exists in other types of music. I don’t really hear a lot of storytelling in pop music or (other genres). You do hear it in rap music, although I don’t listen to a lot of rap music. I think country music is really the genre of music where you hear some of the best lyric writing and strong storytelling, and it’s always in the tradition of country music, all the way back to the beginning.

**Q. Do you plan to go to the Homecoming game? If so, what are you most excited about?**

A. I’m planning on it. Gosh, it’s going to bring back so many memories, and I’m going to get to see a lot of friends and I’ll probably visit the Theta house and try to hit some of the campus favorite spots, like Harpo’s. I don’t get up there very often, so I’m going to try to see as much as I can.

**Q. What can fans expect to hear at your concert in Columbia?**
A. We’ll definitely play the songs people know; we’ll probably try to play as many hits as possible. We’ll probably play a few songs people don’t know but hopefully will enjoy. We have a great band, just fantastic and fun to watch. And so, I think it’s gonna be a great night.

Q. If you could tell current students at Mizzou one thing, what would it be?

A. Try to savor every moment of your time there because you will probably make some of the longest-lasting relationships with people in those four years than you will ever make in your life.

Q. Is there anything else you would like to add?

A. I came back a few years and got to tour Mizzou. I hadn’t been there in a while, and there’s been so much beautiful work done on the campus, but the one area that really hadn’t been updated was the music department. So one of the reasons I’m coming back is to hopefully be a part of helping update the music department — which was such a big part of my life — making it look and be as beautiful as the rest of campus.

COLUMBIA MISSOURIAN

David McCullough preaches importance of history to enthusiastic crowd at Missouri Theatre

COLUMBIA — Open seats were few and far between in the Missouri Theatre Wednesday night when two-time Pulitzer Prize and National Book Award-winner David McCullough delivered the Kinder Institute on Constitutional Democracy's inaugural distinguished lecture.

The lecture, titled "The History You Don't Know: Lessons from the American Founders," began with thunderous applause as McCullough took the stage. McCullough's presence was enhanced by the dim theater, which was lit by tiny lights in the aisles and John Trumbull's painting, "The Declaration of Independence," projected on a screen behind McCullough throughout the lecture.

"Harry Truman said, 'The only new thing in the world is the history you don't know,'" McCullough said to begin his talk.

McCullough reinforced the theme throughout the lecture, recounting the various achievements and the fortitude of founding fathers like George Washington and John Adams. He also contrasted the achievements and the character of the founders with more modern incarnations.
"Now, there's been some fuss lately about Republican candidate Marco Rubio being too young for the responsibilities of the presidency," McCullough said. "Thomas Jefferson was 33, John Adams was 40, George Washington when he took command of the army the year before, was 43. They were all young and they were all dedicated to the idea of a Congress made up of individual citizens who would decide the fate of the country's future."

He used the Founding Fathers to make another point:

"They were taught to be loyal, to be patriotic, to be modest," he said. "Remember modesty?"

McCullough also emphasized the importance of studying history.

"There is so much to learn about life from those who went before us and to take no interest in what they went through, to show no respect for what they achieved is not just to be stupid, it's gross ingratitude on our part," he said. "History is filled with voices that reach out to us and lift the spirit."

According to Jeffrey Pasley, associate director of the Kinder Institute, McCullough's lecture is almost a "grand opening" for the institute, which opened its doors in August 2014.

"His visit is meant to communicate that this institute we're starting is a major event and it is something that's worthy of someone of his stature," Pasley said.

The Kinder Institute on Constitutional Democracy is an interdisciplinary academic center that promotes teaching and scholarship on the American constitutional and democratic traditions, according to its brochure. The institute offers programs ranging from minors in American Constitutional democracy for undergraduates to post-doctoral and dissertation fellowships for graduate students.

McCullough's books include the Pulitzer Prize-winning biographies "Truman" and "John Adams." His two National Book Award-winners are "Mornings on Horseback" and "The Path Between the Seas." His other historical works include "The Greater Journey," "1776," "Brave Companions" and "The Johnstown Flood."
COLUMBIA (AP) — Scholars are collecting and editing about 1,000 pieces of poet T.S. Eliot's prose — some of it never before published.

The University of Missouri-Columbia says an associate English professor at the school is working on the project with Eliot scholars from Emory University and Boston University. Their goal is to create the first complete set of corrected, annotated, and searchable texts of the St. Louis native's prose.

Three volumes have been published on Johns Hopkins University Press' Project Muse website. The latest volume includes an essay called the "The Contemporary Novel" in which Eliot discusses the work of writers Aldous Huxley, D.H. Lawrence and Virginia Woolf. After its 1927 publication in French, Eliot sent the original to his mother, who misplaced it. Before now, it hadn't been published in English.

Your body makes its own cannabis when you run

Researchers have discovered that the "runner's high", usually attributed to endorphins -- the body's self-produced opiates -- may actually be caused by endocannabinoids, self-produced chemicals similar to those found in marijuana.

A new study by researchers at the University of Heidelberg medical school in Germany found that mice showed elevated levels of both endorphins and endocannabinoids after running, an activity they engage in for fun. The researchers also observed that mice were less sensitive to
pain, less anxious and more tranquil after running, shown by their willingness to spend time in lighted areas of their cages rather than retreating to dark corners.

When the team used drugs to block the animals' endocannabinoid receptors, the mice were no longer relaxed after running, proving to be just as anxious as before their runs and very sensitive to pain. Blocking opioid receptors, on the other hand, didn't affect the creatures' post-run tranquillity.

But internal opioid receptors appear to play at least some role in the motivation to get on a treadmill or pound the pavement. A paper by a team from the University of Missouri describes findings which show that chemically activating the dopamine-releasing mu-opiod receptors of rats bred to love running makes them less inclined to exercise, demonstrating a direct link between the receptors and the urge to run. The team also found that shutting off the receptors entirely reduced activity in the rats, although not to the same degree.

"These highly active rats would run on their wheels constantly," said Greg Ruegsegger, lead author on the paper from The University of Missouri. "However, when we chemically activated their mu-opiod receptors, those rats drastically reduced their amounts of activity. Since exercise and addiction to substances follow this same chemical process in the brain, it stands to reason that activating these receptors in people with dangerous addictions could provide the same rewards they are craving without the use of dangerous drugs or alcohol."

A final interesting finding of the University of Heidelberg study was just how far the mice needed to run in order to experience the high in the first place, averaging over three miles (5km) a day on their wheels. Study lead Johannes Fuss told the New York Times that "reduced sensations of pain and less anxiety through long-distance running would have been a benefit" to humans, too, as we also evolved to move and cover long distances.

Renowned Korean author leads lecture about "Comfort Women"
COLUMBIA - Author and autobiographer Maija Rhee Devine led a lecture about "comfort women" Wednesday on the University of Missouri's campus.

Comfort women are women who were captured and coerced by the Japanese Military during WWII to provide sexual favors and services.

Devine's latest work-in-progress, *Journals of Comfort Women*, tells the stories of women affected by the sex slave period.

Director of Global leadership, Dr. Seungkwon You, said the Asian Affairs Center brought Devine on campus to create a discussion about a group of women who in that past hasn't gotten much recognition.

"The goal is learn more about this period of time," Dr. You said. "Many people think this is just in the past, but it is not, it still becomes very critical and a major issue when you consider the relationship between Korea and Japan."

Devine noted many former comfort women are now in their 80s and 90s. She said, "My wish is that these women get some sort of compensation before they die."

Former STL media exec honored by Mizzou ROTC

By Joe Holleman

Oct. 7, 2015

Robert Fulstone, left; his wife, Kathy; and former Army mate Kim Krueger at Fulstone's induction into the ROTC Hall of fame at the University of Missouri
Former STL media exec Robert "Bob" Fulstone was inducted Saturday into the University of Missouri ROTC Hall of Fame.

Fulstone, an Army officer in Vietnam, has been key in raising funds for the USO facility at Lambert-St. Louis International Airport, as well as for units at Scott Air Force Base and Fort Leonard Wood. He also works with homeless veterans through the Salvation Army.

A native STLer, Fulstone worked for CBS Radio in St. Louis, Chicago and New York, and was general manager at KPLR (Channel 11) and Metro Networks Traffic & News.